



SOLAR PLEXUS CHAKRA NATURE OFFERING

Because the Solar Plexus Chakra is so closely associated with fire, the invitation is to make a nature offering to fire this week. Draw on the instructions below to inspire your offering.

Here are 3 different ways to approach making a nature offering. Please remember, it is more important to offer with your whole heart than to follow any of these directions perfectly.

The Quecha word for this ceremony is HAYWARIQUY (HIGH-WAH-REE-KWEE), which means “to offer with one’s own hand.” The more commonly used name is Despacho, which is Spanish for to “send.” It can be called a Gratitude Ceremony or a Nature Offering. I have asked permission from the Q’ero to share these ways, and they have enthusiastically encouraged us all to remember to get connected and stay connected to nature to be guided on our pathway.

Where to Make An Offering

Offerings are gifted to the Earth in one of three ways - given to a body of water, given to a fire, or buried in the ground.

When working with waterways, the least taxing offerings are made simply by gathering natural objects that occur within that environment (for example - shells, sand, coastal plants, or river stones). They can be assembled around a beautiful large plate or dish and offered to the Despacho in this manner. Once the offering is ready to be made, the dish can be taken to

the water and ceremonially dropped under the surface, allowing the offerings to float up, sink to the bottom, or be carried away by the water.

When making offerings to fire, there is more spaciousness to work with what appeals to you, being sensitive not to burn items containing chemicals or plastics, as this negatively impacts our bodies and the environment.

When making offerings to the body of the Earth, it's important to use biodegradable paper with no plastic components and make sure the offerings going into the ground don't contain preservatives or other damaging chemicals and are sensitive to the particular ecosystem to which they are being offered.

Traditional Haywariquy

This is a much more intensive process that could take hours if you give yourself the spaciousness for it!

Begin by thinking and maybe writing down 12 mountains, 8 places on earth, and 13 bodies of water you're connected to.

Supplies You'll Need:

-A base for your offering: a large leaf, a basket, or biodegradable paper. Choose what's best for where you are offering it.

-About 100 leaves

-The offerings you are called to use!

Instructions to Guide You:

Set an intention for your offering—this must be very clear and prayed aloud.

Perform the Mast'ay—the ritual gathering your items. Gather about 100 leaves and anything else you're called to.

*Speak your prayers aloud to the energy of nature with your whole heart and blow the sincerity of your feeling into the items with your breath before placing them in the offering

Set up the base of your offering:

Create 12 K'intus of 3 leaves each for the consciousness of the Apu/Mountains you have a personal relationship with. Place them on the right side of your offering.

Create 8 K'intus of 4 leaves each for Pachamama/Mother Earth you have a personal relationship with. Place them on the left side of your offering.

Create 13 K'intus of 2 leaves each for N'ustas/Bodies of Water you have a personal relationship with. Place 7 on the right side and 6 on the left side.

*Be sure that you include your two nature parents! Your nature mom is the n'usta/body of water closest to where you were born. Your nature dad is the apu/mountain or hill closest to where you were born.

Place a shell in the center of this. You can also place symbols for the masculine and feminine inside if you have something.

This is considered the base of the offering. Now it is up to you to pray for the intention of this offering and tap into your own artistic and energetic sensitivity. Follow your heart's guidance to add fruit or flowers, chocolate, honey, quinoa, favorite foods, red or white wine, or alcohol with great generosity and abundance, creating beauty as you express your love and gratitude.

When complete, take time to receive! Notice any insights, sensations, and support that begin to reveal themselves.

With your eyes and heart open, observe and interpret any of the communications from nature after your offering.

Once complete, make your offering to the fire, and watch it burn. Notice what insights come. If you're unable to offer to a fire, place it where it can receive the fire light of the sun! Trust your ability to make offerings from your heart, working with exactly what you have!